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MOVE OVER, WONDER WOMAN

THE WORLD'S NEWEST SUPERHERO IS THE BURKA AVENGER, FIGHTING FOR PAKISTANI GIRLS' EDUCATION PAGE 5

Extreme physical feat, and a first for Saskatchewan

Trailblazer. U of R researcher becomes the first runner from this province to compete in and finish the 135-mile Badwater Ultramarathon

It's an extremely gruelling physical test, running 135 miles while climbing steeply in elevation at exceedingly high temperatures. But a Saskatchewan woman was way, way up for the challenge.

Stacey Shand has achieved what many athletes and runners might not be able to even imagine — completing the Badwater Ultramarathon in California after becoming the first person from this province to ever compete in it.

"I had never been through anything like it. It took everything mentally, physically and emotionally," Shand, 33, told Metro of the feat in finishing the race last week through Death Valley and up to Mount Whitney in what some might consider unbearable heat of about 54 C.

"It was so tough, but it was one of the most rewarding experiences of my life."

It was quite an accomplishment, in fact, for the University of Regina researcher and sessional lecturer to even begin the race. The Badwater event is extremely selective in choosing its participants, with applicants having to prove their capabilities through previous ultramarathons — those exceeding the standard 26-mile marathon length — and even submitting essays.

But after being invited in February, the real hard work began.

"I was training about 25 to 29 hours a week, just to try to build up my endurance for running — but doing a lot of heat training, as well," Shand explained.

"I did a lot of training in the sauna at the gym, and a lot of my runs were in lots and lots of layers so I could get used to being very hot."

With a support crew driving alongside, Shand — who has been running marathons and ultramarathons around the world for about eight years — completed the trek in 41 hours and 47 minutes, finishing ninth out of about 30 women to finish the race.

Overall, she finished in the middle of the pack of about 90 in what National Geographic describes as the toughest foot race in the world.

"I never slept at all. I kept going the whole time," she said of the longest race she has run.

"My goal is to see what I'm capable of, and to become a healthier, happier person — and to just have some really cool life experiences."

ROSS ROMANIUK/METRO

Stacey Shand says she'll continue to test herself with more ultramarathons after completing the 135-mile Badwater race in California. Shand endured intense heat of about 54 C, often while running uphill, in the ultramarathon. ROSS ROMANIUK/METRO; INSET: COURTESY BADWATER ULTRAMARATHON

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Big turnout predicted for wastewater plant referendum

Plant financing, management. Group opposed to private involvement will need to find cash to compete with city

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

More people might care about this in Regina than about who becomes mayor.

University of Regina professor Tina Beaudry-Mellor predicts the turnout for the upcoming referendum on the city's plan for a partially privatized wastewater plant will surge to 60 per cent — nearly double the participation rate in the 2012 civic election.

"Referendums typically have larger turnouts than general elections because they tend to ask very specific policy questions," Beaudry-Mellor, a political science professor, told Metro on Wednesday.

"We do expect a bigger voter turnout on this."

Turnout rates vary considerably based on the timing of the vote, she said, noting that fall elections typically draw larger crowds to the polls.

City council has yet to set a date for the referendum, but provincial legislation requires a minimum eight-week campaign before any election.

At this early stage, both sides in the referendum are beginning to prepare as they seek to effectively present their competing messages to the public.

Regina Water Watch spokesman Jim Holmes said the group is turning its attention to the referendum, after holding preliminary discussions at a meeting on Tuesday.

Holmes doubts that the group will be able to keep pace financially with the city, noting volunteers have yet to begin fundraising — which could be a major disadvantage in a campaign with no spending restrictions for either side or for any third parties involved.

Quoted

"We're confident from our experience gathering signatures for the petition that most people don't want this."

Jim Holmes, Regina Water Watch spokesman, on opposition to private involvement in wastewater plant.

Still, Holmes is confident, saying the group identified strong opposition to the city's proposed public-private partnership during the petitioning stage.

"We're confident from our experience gathering signatures for the petition that most people don't want this," he said of the involvement of the private sector.

Regina Water Watch spokesman Jim Holmes says the group has its work cut out to prepare for the referendum. MARCO VIGLIOTTI/METRO

As in the case of civic elections, city hall staff will handle the referendum's administrative functions in addition to managing the city's campaign, said Mayor Michael Fougere.

"We are treating this just like a general election," Fougere said.

"There will be advance and mobile polls."

Staff members are working on finalizing details, he added.

Traffic blitz targets unbuckled drivers

An RCMP officer stops a truck near Highway 11 on July 11. On Wednesday and Thursday this week, SGI and law enforcement across the province are participating in a traffic blitz targeting jaywalkers, drivers who fail to yield to pedestrians and those not wearing seatbelts. ALYSSA MCDONALD/METRO

A day after two people were killed in a collision on Highway 16 in the Yorkton area, Saskatchewan Government Insurance kicked off a July traffic-safety blitz.

Running on Wednesday and Thursday, Operation Heads Up, Buckle Up will involve law enforcement across Saskatchewan targeting jaywalkers, drivers who fail to yield to pedestrians and people not wearing seatbelts.

"It's really more about awareness rather than ticketing people," said Kim Hambleton, manager of communications with SGI.

"(The blitzes) are always focused around key traffic issues that we want to raise awareness about and remind people that they cause injuries and fatalities," she added.

"If people don't get that message, then enforcement is there to remind them in the form of a ticket."

According to SGI, in more than one-third of traffic fatalities in Saskatchewan, the victim was not wearing a seatbelt. In 2012, improper or no use of seatbelts contributed to 47 deaths and 274 injuries.

"Seatbelts do save lives and in the summer months, when we typically see an increase in the volume of traffic on our highways, it's more important than ever to buckle up," said Troy Hagen, Regina police chief and president of the Saskatchewan Association of Chiefs of Police, in a release.

A total of 412 tickets were issued during a traffic blitz in June targeting those not wearing seatbelts and using cellphones behind the wheel.

"The ideal goal would be zero tickets," Hambleton said, "because that would mean no one is exhibiting any unsafe behaviours." MORGAN MODJESKI/METRO IN SASKATOON

Rider Nation weighs in on Durant's durability

With Darian Durant's strong start to the 2013 CFL season, Metro hit the streets to find out if fans think he has what it takes — and what he will have to do to hold the Roughriders starting quarterback position.

Cassandra Hope, 24, accountant, Regina

"No way, Durant panics under the pressure … he just needs to stay calm and focused."

Ron Spizziri, 65, retired, Saskatoon

"I think he has to continue to do what he's doing, that's for sure, but I think he's got to back off sometimes with these injuries he's been having and so on. Maybe he should get out of the game a little earlier … and just protect himself a little more."

Brittany Knouse, 25, accountant, Regina

"No, just based on his history with the Riders, he usually bites the dust a little bit.… Just stay healthy and don't get injured."

Mike Bushey, 27, teacher, Peterborough, Ont.

"No way, not at all, not with this upcoming season. And they just got that new quarterback. He looks sick! He's younger, I know the other guy has more experience but at the same time it's always nice to see a fresh new face in the biz."

David Lal, 25, restaurant worker, Regina

"Absolutely, I think Darian is an awesome player and a very good quarterback …. He needs to put on his best performance as a quarterback (and) bring his career up a level."

James Venne, 47, transit operator, Saskatoon

"Well, I think he does, but you've also got to remember, it takes the team to make the quarterback and once you have that gelling you should have a very awesome team."

Queen City celebrates royal birth with baby book

Children from the Transcona Park Child Care Co-op take a break from their tour at Government House to sign the royal baby book. ALYSSA MCDONALD/METRO

Residents of the Queen City are sending messages of congratulations to the newest parents in the Royal Family, through a baby book at Government House.

About 130 people had signed the book for George Alexander Louis and his parents, the Duke and Duchess of Cambridge — better known as Prince William and Kate Middleton — as of Wednesday afternoon.

"It's looking like it's going to be a really big response. When we launched the book yesterday there were over 100 people that signed, along with Her Honour, in the first hour," said communications manager Carolyn Speirs, adding that the first written congratulations came from Lt.-Gov. Vaughn Solomon Schofield.

The book is open for the public to sign in the Queen Elizabeth II Wing, underneath a portrait of the Queen and surrounded by flowers and a birth announcement similar to one that announced George's birth on Monday in London.

It will remain there until the end of August when it will be shipped, along with an online version, overseas to Clarence House in Britain.

"We find it's a nice way for people and the province to sort of share their greetings all together in a collective way," said Speirs.

Regina has a historical connection to the monarchy. Queen Elizabeth has visited Saskatchewan six times, and the last royal visit was from Prince Charles and his wife Camilla in May 2012.

"I think in some places, the monarchy is starting to become obsolete," Speirs said. "But in Saskatchewan, there is still lots of support for the Royal Family."

She said that she is unsure of how the lieutenant-governor and the Saskatchewan government celebrated the birth of Prince William and Prince Harry in the 1980s, because the Lieutenant Governor's offices were not at Government House at that time.

ALYSSA MCDONALD/METRO

NCCA

Stolen trailer returned, but tools remain missing

Regina's North Central Community Association (NCCA) has gotten back its stolen trailer, but is still missing more than $10,000 worth of tools that had been pilfered from it earlier.

City police returned the red utility trailer to the community organization's Transition to Trades program late last week after it was stolen from a job site on July 8.

"(Since getting it back) we have kept it in a secure location, waiting for it to get repaired — and we (will be) buying additional security," NCCA executive director Rob Deglau said on Wednesday.

The trailer was taken one day after the tools — mostly heavy roofing equipment — were removed from it at a job site in the North Central area.

Police located the trailer on July 12, a day after it was reported stolen, on the 600-block of Montague Street following a tip. The investigation has not led to arrests and is considered a separate case from that of the missing tools.

"All we can do is continually let the community know there are a whole bunch of tools out there with our name stamped on," said Deglau, "and we're hoping someone will come forward."

The tools and trailer are used as part of the Transition to Trades program, which trains unemployed young adults seeking construction and life skills.

The trailer was returned to the program with its locks broken. Flaman Trailers has offered to fix them, while several people have donated small tools to try to replace the ones stolen.

"We only had so much insurance, and it didn't cover our losses," Deglau said.

ALYSSA MCDONALD/METRO

Rob Deglau, executive director of the North Central Community Association, stands with the returned Transition to Trades trailer, which is being kept at a secure location until its locks can be replaced. ALYSSA MCDONALD/METRO

Spain. High-speed train derailment kills dozens

A passenger train derailed on a high-speed stretch of track in northwestern Spain on Wednesday night, killing at least 40 people and leaving dozens injured in the country's worst rail accident in decades, officials said.

Authorities gave different death tolls in the immediate aftermath, ranging from 40 to 56.

State-owned train operator Renfe said in a statement that 218 passengers and an unspecified number of staff were on board at the time of the accident.

"The train was going at a very fast speed and in the curve it went off the tracks, it overturned," Sergio Prego, a passenger on the train, told the Cadena SER radio station.

A photographer at the scene said he saw dozens of what appeared to be dead bodies being extracted from the wreck by emergency workers.

TV footage showed one wagon pointing upwards into the air with one of its ends twisted and disfigured. Another carriage that had been severed in two could be seen lying on a road near the track. THE ASSOCIATED PRESS

Aboriginals lost. Premiers call for public inquiry into missing, murdered women

Provincial and territorial leaders are backing calls for a national public inquiry into missing and murdered aboriginal women and girls, ratcheting up the pressure on Prime Minister Stephen Harper to follow suit.

There was support for an inquiry among those who met with aboriginal leaders on Wednesday ahead of the Council of the Federation meeting, said Ontario Premier Kathleen Wynne, who will be leading the premiers' summit Thursday.

"The premiers at the table agreed to support the call of the (National Aboriginal Organizations) for a national public inquiry in this very, very important issue," she said following the meeting.

Alberta Premier Alison Redford and Newfoundland Premier Kathy Dunderdale were not at the meeting Wednesday, but Wynne said that doesn't mean they don't support an inquiry.

Power and profile

"This is an important expression of support."

Shawn Atleo, National Chief of the Assembly of First Nations

"There were reasons why they couldn't be at the table, but certainly I will be speaking to them and asking them," she said.

But Michele Audette, president of the Native Women's Association of Canada, said their absence speaks volumes.

"It's probably for me, my perception or interpretation, that they're sending a message saying they're not in support," she said.

Aboriginal leaders praised the attending premiers for supporting the cause, hailed as a major step in their crusade. THE CANADIAN PRESS

By George , we're famous!

Royal baby bumps Prince George, B.C.

What does Prince George think of Prince George?

"Well there's always excitement around a new baby, especially one that shares your name," said Shari Green, mayor of Prince George, B.C.

On Wednesday, the Duke and Duchess of Cambridge announced their newborn son would be named George Alexander Louis — or just Prince George to his friends.

Green said the royal bump couldn't come at a better time.

"We're celebrating 100 years (as a) city, 25 years of the university ... and hosting the Canada Winter Games," she said.

The mayor will be extending a formal invitation to the Cambridge trio for the festivities. City staff are also preparing a care package for the royal tot — including a "little onesie with Prince George on it," she said.

"The mayor of Prince Rupert I'm sure is a little bit disappointed today," she joked. LUKE SIMCOE/METRO ONLINE

A Pakistani schoolgirl, displaced from the country's tribal areas due to fighting between militants and the army, removes her shoes before entering her classroom in a poor neighbourhood on the outskirts of Islamabad. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Burka ninja says to stay in school

Pakistan. Cartoon sees superheroine fight to keep girls' school open

Wonder Woman and Supergirl now have a Pakistani counterpart — one that shows a lot less skin.

Meet the Burka Avenger: a mild-mannered teacher with secret martial-arts skills who uses a black burka to hide her identity as she fights local thugs seeking to shut down her girls' school.

Sadly, it's a scenario Pakistanis are all too familiar with. The Taliban have blown up hundreds of schools and attacked activists who support girls' education.

Action in the Burka Avenger cartoon series is much more lighthearted. The bungling bad guys evoke more laughter than fear and are no match for the Burka Avenger, undoubtedly the first South Asian ninja who wields books and pens as weapons.

The Urdu language show is the brainchild of one of Pakistan's biggest pop stars, Aaron Haroon Rashid, who conceived of it as a way to emphasize the importance of girls' education and teach children other lessons, such as not discriminating against others.

The main bad guys are Vadero Pajero, a corrupt politician, and Baba Bandook, an evil magician meant to resemble a Taliban commander.

In one episode, Bandook builds a robot to take over the world's major cities. As he outlines his plan, one of his minions asks, "But how will we get visas to go to all those places?" — a reference to how hard it can be for Pakistanis to travel, given their country's reputation. THE ASSOCIATED PRESS

Didactic derring-do

"Each one of our episodes is centred around a moral, which sends out strong social messages to kids. But it is cloaked in pure entertainment."

Show creator and pop star Aaron Haroon Rashid

Dress to repress?

Burka brings controversy, but imagine spandex

The decision to clothe the superhero in a black burka — also often spelled burqa, a full-length robe commonly worn by conservative Islamic women in Pakistan and Afghanistan — could raise eyebrows because some people view the outfit as a sign of oppression.

The Taliban forced women to wear burkas when they took control of Afghanistan in the 1990s.

The version worn by the Burka Avenger shows only her eyes and fingers — though it has a sleeker, more ninja-like look than the bulky robes of an actual burka.

Rashid, who is certainly no radical Islamist, said he used a burka to give a local feel to the show, which is billed as the first animated series ever produced in Pakistan.

"It's not a sign of oppression. She is using the burka to hide her identity like other superheroes," said Rashid.

"Since she is a woman, we could have dressed her up like Catwoman or Wonder Woman, but that probably wouldn't have worked in Pakistan." THE ASSOCIATED PRESS

The Burka Avenger cartoon, set to run on Geo TV in early August. SEBASTIAN ABBOT/THE ASSOCIATED PRESS

Music to foodies' ears. Live Nation will stick to locally sourced food at U.S. venues

Concert promoter Live Nation is overhauling its U.S. concessions to serve only local produce and humanely-raised meats.

Starting this week, all produce served at Live Nation's 38 amphitheatres around the U.S. will be sourced from within roughly a 100-mile radius (about 160 kilometres) of each venue. Additionally, all meats will carry either Certified Humane, Global Animal Partnership or Animal Welfare Approved certification.

The change will cost the company about an extra $1 million US a year, but concertgoers won't see that reflected in food or ticket prices, says Live Nation CEO Michael Rapino. He believes the goodwill generated by serving better food and supporting local farms will be compensation enough.

The company has brought on celebrity chef Hugh Acheson as a consultant to help guide the changes. Acheson, an outspoken proponent of local and sustainable agriculture, is best known for appearances on Bravo's Top Chef and Top Chef Masters. THE ASSOCIATED PRESS

Celebrity chef and Ottawa native Hugh Acheson will help Live Nation with its plan to provide ethically sourced food at its U.S. venues. THE ASSOCIATED PRESS FILE

Wireless market

Don't give Verizon special treatment, Rogers CEO says

Big U.S. carriers like Verizon shouldn't be allowed to buy new Canadian wireless firms at discount prices while the big domestic carriers are barred from the same opportunity, the CEO of Rogers said Wednesday. Rogers welcomes competition but wants a level playing field, Nadir Mohamed told analysts. THE CANADIAN PRESS

Market Minute

DOLLAR 96.94¢ (-0.29¢)

TSX 12,672.30 (-73.08)

OIL $105.39 US (-$1.84)

GOLD $1,319.70 US (-$15)

Natural gas: $3.70 US (-4¢)
Dow Jones: 15,542.24 (-25.50)

Mom's more plugged in than you think

Social media. Far from being tech-challenged, demo ranks among 'most social consumers you'll meet,' report says

Forget the outdated stereotype of the tech-illiterate soccer mom. Twenty-first-century moms are increasingly becoming one of the most digitally savvy cohorts in Canada, according to a recently released report backed by data from measurement firm comScore and online surveys.

The 2013 Canada Social Mom report, published by the parenting website BabyCenter, calls today's plugged-in moms "the most social consumers you'll meet."

The report suggests 93 per cent of Canadian moms who use the Internet are logging into social networks every month. Tablet ownership among moms was up nearly 100 per cent in the past year. And mothers were found to be two and a half times more likely to prefer checking their social media feeds on a smartphone rather than using a computer.

Researchers have been watching Canadian moms dramatically increase their Internet usage for years now, but preconceptions that they're not interested in technology remain, said Gagan Sharma, research director for Mom Central Consulting, which has offices in Toronto, Boston and New York.

"Despite the fact we see that moms are heavily engaged online, they're tech savvy, they're engaged, we still find there is that perception where people don't understand that moms are actually leading the charge in a lot of ways," Sharma said. THE CANADIAN PRESS

Despite the fact that moms are heavily engaged online, preconceptions that they're not interested in technology remain, researchers say. ISTOCK

Quoted

"Moms are the fastest growing smartphone users in Canada and that's something that a lot of people don't realize."

Gagan Sharma, research director for Mom Central Consulting

Time spent online

- According to the 2013 Canada Social Mom report, younger Canadian moms in particular (defined as ages 18 to 34) were seen to be very digitally engaged, often more so than the general public.
- When it comes to signing into Facebook, those moms averaged 10.7 hours of usage a month, which was 55 per cent more than the 6.9 hours estimated for the rest of the general public, according to comScore.
- The young moms were also major users of Tumblr (32 per cent versus 18 per cent of the general public), Instagram (32 per cent versus 19 per cent) and Pinterest (23 per cent versus 14 per cent).

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Pride, prejudice and pounds: Jane Austen to grace British banknote

Jane Austen will become the new face on England's 10-pound notes. The Bank of England chose the chronicler of 18th-century English country life as the new face of the note, bowing to critics who complained that the venerable institution was ignoring women on their currency.

"Jane Austen certainly merits a place in the select group of historical figures to appear on our banknotes," the bank's new governor Mark Carney said Wednesday in a statement. "Her novels have an enduring and universal appeal and she is recognized as one of the greatest writers in English literature."

The controversy began earlier this year when the bank announced it would replace the 19th-century social reformer Elizabeth Fry with wartime Prime Minister Winston Churchill on the five-pound note. Though Churchill is still revered for his Second World War leadership, the change led to protests because no other woman besides Queen Elizabeth II would be shown on Britain's currency. THE ASSOCIATED PRESS

Happy anniversary

200

This year marks the 200th anniversary of the publication of Pride and Prejudice, which was celebrated across England with costume parties and other events.

The concept design for the reverse of the new 10-pound note with a picture of Jane Austen. BANK OF ENGLAND/THE ASSOCIATED PRESS

DON'T LIKE YOUR DATE? DELETE IT!

HE SAYS

John Mazerolle
metronews.ca

Is dating shrinking?

I feel like dating has gotten smaller, with less weight and consequence. The Book of Love has become a pamphlet.

I've been pondering what I've been pondering with my Brain because recently I discovered a smartphone dating app called Tinder, which condenses relationship hunting to its smallest, shallowest form.

Unlike other dating sites that get bogged down in details like what the person is like or whether they can speak English, Tinder just focuses on what you need to know: name, age, location, and looks. If it's good enough for your passport, it's good enough for your soulmate.

And many Tinder users conveniently add photographs that focus on areas below the neck, in case you're not a face person.

There is room to write a bio, but the box is barely big enough for a cigarette warning. If you like the person, you swipe to the right. If you don't, to the left.

Essentially it's Goldilocks and The Three Bears if Goldilocks had grown up to be a player: Not hot enough! Too hot! Just right. Check!

There are all types on Tinder, but a typical woman on the site is a 22-year-old named Lauren (I swear, every fourth one is Lauren) who has a small dog, friends she poses with at clubs, a tendency to get a leg up when she takes selfies, and an inspirational quote that makes sense about 35 per cent of the time. ("Life is just in-between reality and fantasy, so love.")

If two people like each other, the app opens a chat window and you can start planning your wedding. If either person chooses "Nope," then neither side is the wiser.

Tinder removes all the depth from online dating, which is a bit like removing all the nutrients from a Twinkie or cutting the substantive scenes from a Michael Bay movie.

But I still kind of like it. I know the gut reaction is to cry out about how shallow the app is, but whatever — most deep relationships start in the shallow end, and if two people just want to fool around in the pool, laughing Danger in the face, more power to them. My only issue — and what made me think about dating shrinking — is that there is no risk on Tinder. The app lets you approach the most beautiful woman within 100 miles, and she can't laugh in your face. She can screenshot you to Instagram, sure, but it doesn't have quite the same impact.

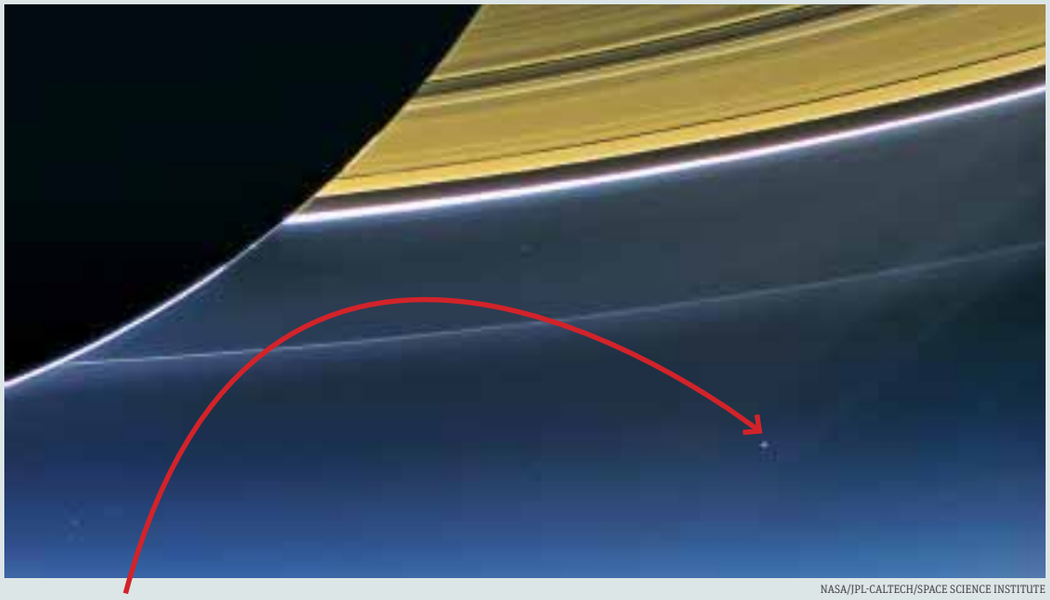
I remember how BIG dating seemed when I was in my early 20s. Asking someone out was an enormous mountain to climb — a difficult task when your palms are sweaty and you're hyperventilating.

So what's it like for a young person now? How do relationships feel when so many are started online, before you're as jaded as a 30-something? I'm not judging. I'm genuinely curious.

Once I dreamed of putting my hand on the cheek of a beautiful woman, like Romeo and Juliet. Now I swipe my thumb across her face. Dating may be shrinking, but these are big thoughts for Lauren and I to consider. We're going to be very happy together. Not her dog, though. I swiped it left.

ZOOM

Your hair looks great, from Saturn



NASA/JPL-CALTECH/SPACE SCIENCE INSTITUTE

Cassini spacecraft snaps our planet

NASA has released a rare image of Earth and the Moon taken by a spacecraft orbiting Saturn. In the picture by NASA's Cassini spacecraft, the planetary objects, shining as bright beacons from millions of kilometres away, appear as mere dots – Earth a pale blue and the moon a stark white, visible between Saturn's rings. **METRO**

Photo op

"It thrills me that people worldwide took a break from their normal activities to go outside and celebrate the interplanetary salute between robot and maker." Carolyn Porco, Cassini imaging team lead at Space Science Institute

Public waves from grand distance

The photograph made on July 19 marked the first time people knew in advance that their long-distance picture was being taken. The public was asked to wave at Saturn after finding the ringed planet in their part of the sky, in an event scientist and Cassini imaging team leader Carolyn Porco described as an "interplanetary cosmic photo session." **METRO**

Long shot

1.5 billion

kilometres is the distance from Earth that NASA's Cassini spacecraft captured the colour images from its perch in the Saturn system.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

So, has last week's Sharknado frenzy left you frothing for more laughably awful dialogue and willfully dodgy special effects, all served up with a sly wink? Luckily, Netflix has your back with these available-to-stream gems.

Student Bodies

A merciless parody of early slasher flicks starring The Breather, a faceless killer with a MacGyver-like mind for improvising murder weapons used to dispatch a selection of standard-issue pretty '80s studs and ladies. Agonizingly hilarious, it was Scream before Scream existed.

Rubber

Robert the sentient air tire goes rogue, leaving a bloody trail of high-concept deaths across the Mojave Desert. It's as absurd as it sounds.

Tremors 2

Aftershocks - Tremors was an instant classic, and if you think otherwise then I invite you to bounce a basketball across the film's Nevada setting. And while the sequel is one depressing degree removed from Kevin Bacon, the giant subterranean carnivorous worms pose just as big a problem as always.

Letters

The Conservative government's mismanagement of the North has made its cost of living soar and caused shortages of basic services, hurting families and jeopardizing the economic potential of the region. His bungling of adjustments to the federally-funded Nutrition North program has sent food prices skyrocketing, some reportedly as high as 250 per cent.

Grossly inadequate housing has left too many without a place to live.

Too many communities still lack access to fast, reliable Internet service, undermining business development and skills training. And a lack of basic health and mental health services is undermining the foundations of communities — the very basis of their prosperity.

With bountiful natural resources and a quickly growing population, the North is building a strong economy. Yet its full potential cannot be realized if families cannot afford healthy food, cannot find a place to live and cannot get the supports they need.

Mr. Harper needs to be more than a tourist when he visits the North for his annual Arctic photo op later this summer.

Yvonne Jones, MP
Liberal Party of Canada Northern Development Critic
Mary's Harbour, N.L.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE

Now in its ninth year, festival is a gateway to great music

Bengough boogy down. What started as a small-town fest has morphed into a big event with acts like Corb Lund & The Hurtin' Albertans

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

Corb Lund is headlining the Gateway Festival on Saturday night. ALEXANDRA VALENTI

Just nine years ago, the Gateway Festival could be described as a community sing-a-long.

Now the small-town music festival, nestled just south of the steep cliffs of the Big Muddy Badlands in Bengough, Sask., is developing big buzz around their ninth annual festival by bringing in a mix of headlining bands and up-and-coming Saskatchewan talent.

"The festival has always done very well but it sort of feels like this year it (has) crossed over a little bit," said artistic director Michael Dawson.

"Whatever reason it is, we are really excited about it because everywhere I go I keep running into people who have bought tickets and are excited to be there as well."

The exposure might have to do with big names like Steve Earle & The Dukes, Corb Lund & The Hurtin' Albertans and Yukon Blonde, but also the large list of Saskatchewan talent on the roster.

"There is such an incredible wealth of Saskatchewan talent in the province right now and so many bands starting to make waves on national and international levels," said Dawson, specifically mentioning Regina's Rah Rah and Saskatoon's Foam Lake, who are both coming off tours.

"Having a lot of them as part of the festival … You got to give a lot of credit to the (festival's) growth to growth of Saskatchewan artists in general."

The three-day festival site is located right next to the campground, which has a pool and golf course, and three stages — including a main stage and one next to the pool — food vendors and an artisan market.

If you go...

- **The kickoff event.** Takes place at The Exchange at 7 p.m. on Thursday night and tickets are $12.
- **The Gateway Festival.** Gates open at 4 p.m. on Friday and advanced weekend passes are $85 or $60 for a Friday pass and $70 for a Saturday pass.

Just 150 kilometres away from Regina and 45 kilometres north of the U.S. border, the festival is expected to attract a wide range of people, including many from the Queen City.

"One of the first questions people always ask is 'where is Bengough?' And I am thinking that aspect shows that we are starting to reach a further reaching crowd," said Dawson.

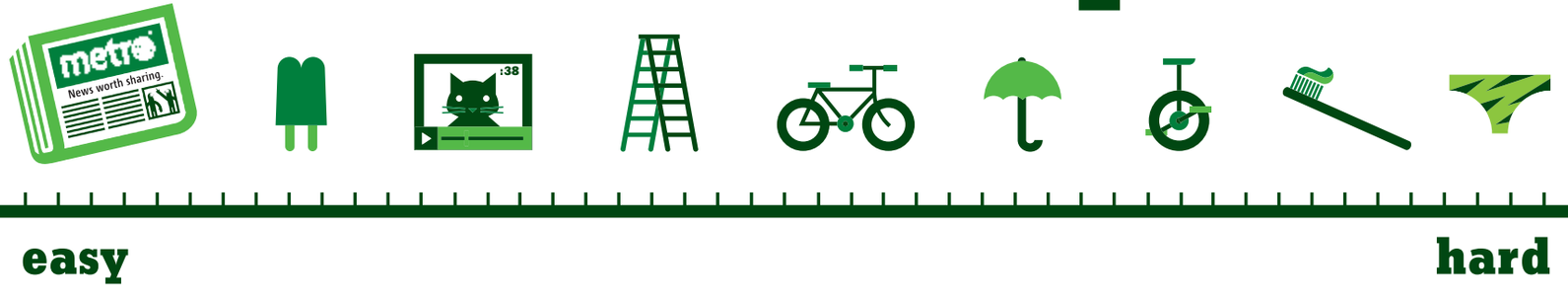
The festival is having its kickoff at The Exchange in Regina which will feature five bands, four of which — Indigo Joseph, Shotgun Jimmie, Harlan Pepper and Slow Down, Molasses — will be at the festival.

"There is such a growing interest in people from Regina heading up to the festival this year," said Dawson.

"I just thought it was a good opportunity to kind of showcase some of those bands for people who are on the fence about heading up there."

Dawson says the tickets have been selling quick this week. "We are definitely very excited about the buzz that's been generated this year," added Dawson. "It looks like this year will definitely be the biggest festival on record yet."

Sharability



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jared Leto ALL IMAGES GETTY

Leto lets us in on his troubled, drug-fuelled past

It turns out Jared Leto's own teenage years were a lot more dramatic than what he played on My So-Called Life. In a Letter to my Younger Self for the U.K.'s Big Issue, Leto admits to a pretty rocky adolescence. "If I met the teenage Jared now the first thing I'd notice would probably be that my wallet was missing," he writes. "I was in trouble quite a bit with the authorities, any person who made rules or the law. Probably a lot of my behaviour was related to doing drugs." Leto even cops to considering some different career paths. "I was at a crossroads in life when I was 16," he admits. "I didn't know I was going to be an actor. I thought it might be an artist or a painter. Or maybe a drug dealer. But I didn't know which path I would take. It's just fortunate that I chose one over the other."

Chris Brown

Brown will plead not guilty to hit-and-run charge

Chris Brown is sticking up for himself in his latest batch of legal woes, having his lawyer enter a not guilty plea in his May 21 hit-and-run case, according to E! News. A trial has been set for Aug. 15, three days before his probation violation hearing. Last week, a judge revoked Brown's probation from his conviction for assaulting Rihanna in 2009. In the hit-and-run, Brown allegedly rear-ended a woman, Olga Aleksandrovna-Gure, at a red light but refused to give his license number and attempted to flee the scene. Aleksandrovna-Gure told police that when she took a photo of the singer as he attempted to leave, he went "ballistic" and tried to take her camera before speeding off.

The Word

Bynes being held after fire incident in California

Amanda Bynes' return to California went south pretty fast, with the troubled actress detained by police and put on a 72-hour psychiatric hold after reportedly trespassing and setting a small fire on a neighbour's property, according to police reports obtained by TMZ. "I see this girl with her pant leg on fire and a gas can trailing fire through the driveway," local resident Andrew Liverpool tells E! News. "She put the fire out on her leg and was rushing over to her dog. I kicked the gas can over and moved it to the middle of the driveway so nothing else would catch on fire. I said, 'Are you OK?' She was kind of frantic and discombobulated." Bynes allegedly attempted to flee the scene in a taxi, with police cars chasing after. The troubled actress returned to California because she "was unable to find any place to live in New York City because of her bizarre behaviour," a source tells Radar Online. "No one would rent an apartment to her. She does own a house in Calabasas. It's unclear how she got to California from New York."

Miley Cyrus

Lovato 'protective' over party-hard Miley Cyrus

It's no secret Miley Cyrus loves a good party, with tales of marijuana, ecstasy and salvia use popping up regularly. Now pal Demi Lovato is looking to give her some sobering advice. "She knows how I feel about the whole partying thing," she tells MTV News. "I'm always like, 'Just be careful.' And she's like, 'Dude, I'm chilling. It's fine.'" For now at least, Lovato is taking Cyrus at her word. "I care for her so much, I'm so protective, but she's good," Lovato says. "She's got a good head on her shoulders."

Lisa Kudrow

Kudrow urges all to forget about Friends the movie

Lisa Kudrow wants to be clear: There won't be a Friends movie, so please stop asking about it. "I knew there wasn't ever a movie. There was never a Friends movie. Ever. So I've always known it's not happening," she tells CNN. "With this last rumour someone came up with a great graphic with the couch and it looked like a real teaser. And then someone came up with a fake story and got some publication to buy the lie that there was going to be a reunion. And I went, 'Wait a minute, was I not invited? Oh my God, maybe there is one and I wasn't asked to do it.' I even had a moment where I believed it because everything around it looked real. It was a good setup."

Twitter

@lenadunham
Makeup artist pointed to my pimple. Other makeup artist said "yeah, that's the one I was telling you about yesterday."

@rihanna
So I have to wait 'til August 5th to get the 2nd season of "Girls" on Apple TV????!!!! Whyyyyyyyyyyyy?????

@JuddApatow
North West will dominate the royal baby in all aspects of life. Style, athleticism, sense of humor, flow, sexiness, height, math & hustle.

This trend's got staying power

If you follow beauty blogs and magazines, you may have noticed that primers are the new "must" makeup artists swear by. We test out five to see which can stand the heat and humidity

ROMINA McGUINNESS
Metro World News

By Terry Hyaluronic Hydra-Primer

The press release says the formula will reduce enlarged pores. But after putting it on, mine still looked like gaping holes. The formula felt heavier than I expected, but it gets high marks for staying power. Twelve hours and a sweaty yoga class later, I still had a full face of makeup on.
$59, spacenk.com

MAC Prep + Prime Skin Primer

Everything about this is shimmery — the packaging, tube and cream all contain glitter. So I expected this to give my skin a glow as well. No dice. But I liked that this primer made my skin feel smooth and oil free. However, it took me twice as long to wash my makeup off.
$29, maccosmetics.com

Estée Lauder Illuminating Perfecting Primer

Is that a glow I see? This primer brightened up my face and anchored down my BB cream, stopping it from sliding off my face. The texture is thick, but not pore-cloggingly so, and the formula, which includes shea butter, made my skin feel softer than usual. But I could do without the mattifying effect, which was too powdery for my taste.
$32, esteelauder.com

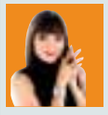
Stila One Step Correct

This formula made my makeup look natural and healthy, leaving a dewy, smooth finish. And the colour correcting mousse managed to hide the stubborn red patches around my nose. Best of all, it lasted all day and I forgot I had anything on.
$36, stilacosmetics.com

Benefit 'That Gal' Brightening Face Primer

I tried this on a bad skin day. I was looking a bit sallow. But after trying it on, my cheeks looked rosy. It also gave my skin a smooth surface, hiding my scars and minimizing the size of my pores. Come bedtime — even after I had washed my face — my skin hadn't lost its glow. $29, benefitcosmetics.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Amazing neon set features B+W videos on each side for CUs. @JTimberlake + @JayZ rock the stage. Electric! @WILLIAMRast

Stylish Gordon Pinsent wants to know what you think of his new glasses, purchased in Florence by @donlon #CoolLegend

Trends Report

- One of the silly trends circulating the web is something called "bitchy resting face". Do you suffer from this, or do you even know what it is? Go online to Trends Report to find out, and if you do have BRF, read my tips on how to mask it.

Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetroIreneK

SCREENGRAB VIA BROKEN PEOPLE ON YOUTUBE

All the comforts of a 5-star hotel

Prepared. Staying in a one-star? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Hunting for inexpensive travel accommodations is getting easier with the trendy pod-style, micro-tiny hotels popping up in popular destination cities, as well as options of living in someone's home from sites like AirBNB.com.

But not all places have the comforts of a 5-star hotel; truth be told, most would get between one to three stars. But shared bathrooms, living in a stranger's home and summer dorm rentals are a common and inexpensive way to see the world.

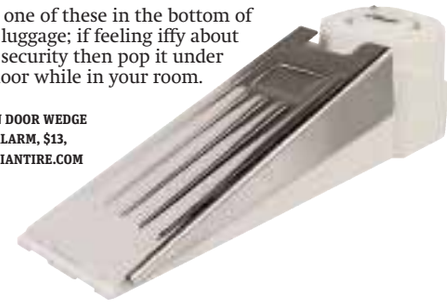
Here's a few travel companions to pack if adventuring out to stay at alternative accommodations. They're guaranteed to help turn a two-star room into a five-star hotel experience.

With a few items, you can survive the bare bones travel accommodations. ISTOCK IMAGES

Your security

Keep one of these in the bottom of your luggage; if feeling iffy about your security then pop it under the door while in your room.

SWANN DOOR WEDGE STOP ALARM, $13, CANADIANTIRE.COM



Stick a Bluetooth button inside luggage or attach to valuables and let your wireless device keep track of their travels. Stick-N-Find

BLUETOOTH LOCATION TRACKER, $50/2 BUTTONS, BROOKSTONE.COM

Your senses

Add a small bottle of water and rid any room of dry air.

AIR-O-SWISS ULTRASONIC TRAVEL HUMIDIFIER, $70. THEBAY.COM

Create a relaxing scent in your room, no matter where you might travel.

ESCENTS AROMATHERAPY HANGING TINY DIFFUSER, $17, AMAZON.CA

Block out the lights of Broadway and the unfamiliar city sounds.

EYE MASK WITH EARPLUGS, $8, SAMSONITE.CA

Your comfort

Make the bed feel like home and bring your pillow case; a great idea for those with skin sensitive to certain fabric types or detergents. Bonus: it becomes your dirty laundry bag at the end of the trip.

SEASONS STANDARD FLANNEL PILLOWCASES, $25/SET, BEDBATHANDBEYOND.CA

Never sure of a comfortable mattress? For minimal space and weight, bring your own mattress; layer it on top of your existing bed or on the floor. Its also a great way to fit extra guests in your room, saving more money.

PAKMAT AIRBED, $125, FOUND AT TARGET.COM

Your style

Keep your clothes organized to pack in your luggage, then on display when you arrive.

JETPACK COMPRESSIBLE PACKING SHELF, $40, HEYS.CA

Freshen up your clothes with steam or quickly iron out the wrinkles.

FIRST-CLASS FOLDING TRAVEL IRON AND STEAMER, $50, ROWENTA.CA

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$387,168

The Lyra

1318 sq. ft.
5314 Whereatt Road
$367,568

The Orion

1377 sq.ft.
5322 Whereatt Road
$386,377

The Pavo

1448 sq. ft.
5310 Whereatt Road
$393,048

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Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

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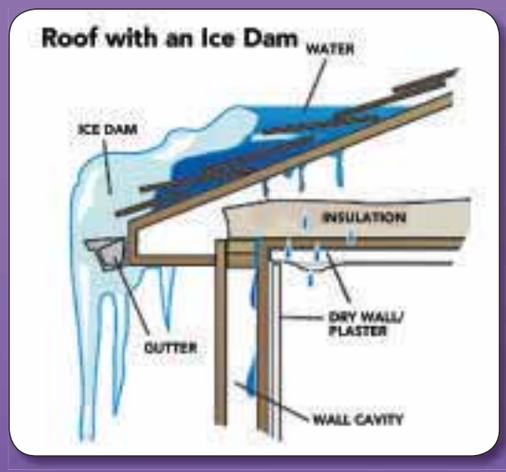


An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. Right now the Government is offering grants to homeowners who want to protect their homes by reinforcing their existing attic insulation. There is no better time to protect your home.

- New & Existing Residential Homes
- Fiberglass Batting & Polyvapour Barrier
- Blowing Fiberglass Wool & Cellulose for Attic & Sound Proofing
- Energy Efficient
- Licensed & Insured
- Over 20 years of Expertise

Use the edging technique to set a boundary between your lawn and garden. Not only does it look good, but it will keep grass from creeping into your flower bed. ISTOCK IMAGES

Quit playin' games with your lawn: learn to landscape

DIY ideas.
Landscaping can be a big investment, so it's important to determine what's right for your yard before making any final decisions

Keep a budget

- Landscaping can become an expensive undertaking. By keeping a budget and planning your projects before you execute, you'll be able to determine what the best investments will be for your landscaping needs.

Plan for your next landscaping project with eight essential tips from Yardcore on DIY Network Canada.

1) Set a boundary
It's important to define a border between your lawn and your garden using edging.

This can be for esthetic purposes, as well as to keep grass from creeping into your flower beds.

There are multiple options for edging when it comes to material and price, including a cheaper plastic or a more expensive steel or stone.

2) Water it down
It's crucial to make sure your lawn gets enough water during hot summer months.

Many simple irrigation systems include a timer feature that allows you to schedule when your lawn should be watered.

3) Keep it healthy
Mulch is a protective covering that not only enhances the decor of your landscape, but also helps to maintain and enrich the soil by preventing the evaporation of moisture, controlling weeds and stabilizing soil temperatures.

4) Quality soil
Investing in higher quality soil from the beginning makes it more likely for your plants to grow well and can prevent you from having to replace a cheaper option if the roots of your plant can't penetrate the soil.

5) Drain away
Spread a layer of soil in places where the ground is lower than usual in your planting space.

This will help even out the soil and improve drainage.

6) Under the sun
Consider the amount of sunlight your plants will receive when choosing what to plant and the location.

If your plants receive too little light, they won't thrive. On the other hand, if they receive too much light they may burn.

7) Keep it well maintained
It's important to recognize how much time you are able to devote to maintenance of your yard.

Certain features such as a pool, wood deck or large vegetable garden require a great deal of upkeep to continue to look well-maintained.

YARDCORE AIRS THURSDAYS AT 10:30 P.M. ET/PT ON DIY NETWORK CANADA

Doing the chicken dance with some mushrooms and a lettuce bowl

"(Lettuce Bowls with Shiitake Mushrooms and Hoisin Chicken are) a fast day version of a Chinese standard, and perhaps one for a day when you're feeling frilly and creative," writes Mimi Spencer in The FastDiet Cookbook. "You could add ... chopped water chestnuts for extra crunch — they're barely a blip on the calorie radar."

1. Heat a wok and spray with oil. Add the ginger and garlic and stir-fry for 30 seconds.

2. Add the cabbage, carrot, mushrooms, and bean sprouts. Stir-fry for 2 minutes, till the vegetables are just cooked but retain their bite. Season with pepper and add hoisin sauce.

3. Add the shredded chicken and toss to mix.

4. Place 2 or 3 iceberg lettuce leaves in a wide-rimmed cup, making a bowl effect. Spoon the chicken mixture into the bowl and serve with a scatter of toasted sesame seeds. ALL RECIPE TEXT COPYRIGHT © 2013 BY MIMI SPENCER LTD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients

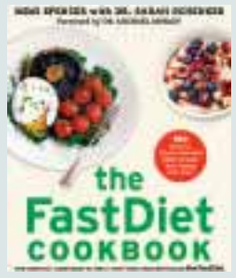
- Spray oil
- 1 tsp grated fresh ginger
- 1 tsp minced garlic
- 1/4 head Chinese cabbage, shredded
- 1 carrot, julienned
- Scant 2 oz (50 g) oyster mushrooms, chopped
- Scant 2 oz (50 g) shiitake mushrooms, stemmed and chopped
- Scant 2 oz (50 g) bean sprouts
- Ground white pepper
- 1 tbsp hoisin sauce
- 1 cooked chicken breast, shredded
- 2 or 3 iceberg lettuce leaves
- 1/2 tsp toasted sesame seeds

Lettuce Bowls with Shiitake Mushrooms & Hoisin Chicken

This recipe is only 329 calories per serving. COPYRIGHT © 2013 BY ROMAS FOORD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Cookbook of the Week

A new approach to weight loss



Dr. Michael Mosley's message is that it's possible to lose weight and reduce your risk of diabetes, cardiovascular disease and cancer, all while eating what you would normally eat five days a week. You simply cut your caloric intake two days a week — to 500 calories for women, 600 for men.

The new book, The FastDiet Cookbook, which was written by Mimi Spencer with Dr. Sarah Schenker, boasts 150 carefully crafted, nutritious, low-calorie recipes that range from simple breakfast to suppers. METRO

Skinny Bouillabaisse: keep rich flavour, cut back calories

This recipe serves four and is only 163 calories per serving. COPYRIGHT © 2013 BY ROMAS FOORD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

"My sister Debs is incredibly skilled in the kitchen, having trained in the world-renowned kitchens at Ballymaloe in Ireland," writes Mimi Spencer in The FastDiet Cookbook.

"This soup is designed to bring all the rounded, rich flavour of a traditional French fish stew to your low-calorie fast day soup bowl. ... Notice the calorie count. Sing."

1. Heat the olive oil in heavy-bottomed saucepan over medium heat. Add the onion and fennel and cook, stirring occasionally, for about 5 minutes, till softened but not coloured.

2. Add garlic, ginger, chile, saffron, and paprika and cook for 2 minutes more, till fragrant.

3. Stir in the tomatoes, stock, sugar, and bay leaf, scraping the pan with a wooden spoon to release any stickiness on the base.

4. Season and simmer for 20 to 25 minutes. Gently lower the fish, mussels, and shrimp into the soup, cover the pan, and cook for 2 to 3 minutes till the fish and shrimp are just opaque and the mussels have opened (discard any that have failed to open). Check the seasoning and serve with a scattering of parsley and a squeeze of lemon juice to taste.

Ingredients

- 11/2 tsp olive oil
- 1 onion, thinly sliced
- 1 bulb fennel, trimmed and thinly sliced
- 4 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 red chile, finely chopped
- A generous pinch of saffron threads
- 1 tsp sweet paprika
- One 14-oz (400 g) can diced tomatoes
- 51/4 cups (1.25 liters) fish or vegetable stock
- 1/2 tsp sugar
- 1 bay leaf
- Salt and pepper
- 14 oz (400 g) white fish fillet, cut into chunks
- 8 mussels, scrubbed
- 8 large raw shrimp, peeled and deveined, tails left on
- A handful of fresh flat-leaf parsley, chopped
- Lemon juice, for serving

Dinner. 247-Calorie Chicken Puttanesca

1. Preheat the oven to 350 F. Heat the olive oil in a shallow, heavy casserole.

2. Add the anchovies and garlic and gently cook for 2 to 3 minutes, till the anchovies have melted but the garlic has not browned. Add the tomatoes, olives, and capers, turn down the heat, and simmer gently. Add the chicken thighs and stir well to combine.

3. Place lid on casserole and position on a middle shelf in the oven. Cook for 15 minutes.

4. Remove from the oven and give the chicken a good stir so it's well coated in the juices. Return to the oven, uncovered, and cook for 20 minutes more. Allow to cool for a few minutes before stirring in the basil leaves. Taste for seasoning and serve.

Ingredients

- 1 tbsp extra virgin olive oil
- 20 anchovy fillets, drained (fewer for a milder flavor)
- 4 cloves garlic, coarsely chopped
- 1 lb 5 oz (600 g) cherry tomatoes
- 3 tbsp good-quality mixed marinated pitted olives
- 2 tbsp capers, rinsed and drained
- 12 skinless, boneless chicken thighs
- Leaves from 1 small bunch fresh basil
- Salt and pepper

A lingering foot injury forced Darian Durant to miss practice Wednesday. LIAM RICHARDS/THE CANADIAN PRESS

Durant can't kick lingering injury

You put your right foot in ... a walking boot. QB skips practice but hopeful he'll play vs. Ticats Saturday

Darian Durant is back wearing a walking boot.

The Saskatchewan Roughriders quarterback didn't practise Wednesday, telling reporters afterwards his right foot injury flared up following the club's 37-0 home win over the Hamilton Tiger-Cats on Sunday.

Durant said he went back to wearing the boot in an attempt to give his foot added support.

"It kind of swelled up on me a little bit over the past couple of days," Durant said. "We're just being smart about it, being cautious.

"We'll see where we're at (Thursday)."

Durant, 30, injured his foot in a 39-28 road win over the Toronto Argonauts on July 11. He wore the boot early last week but managed to shed it and resume practising later in the week before starting against Hamilton.

Durant showed no signs Sunday of the foot bothering him, completing 20 of 32 passes for 347 yards and four TDs. He was named the CFL's offensive player of the week.

Durant said there was no specific play Sunday that aggravated the injury.

"I really didn't take any hits," he said. "I guess it was just coming from the pounding, starting and stopping, dropping (back) and running.

"All the normal things that happen during a game. It didn't really respond well to that. It was pretty sore (after Sunday's game) and it got a little swollen on me. Right now we're just trying to manage the pain, manage the swelling."

THE CANADIAN PRESS

Quoted

"We're going to take it day by day and see how this thing feels. As of right now I hope to be able to go."

Darian Durant. The Roughriders will take on the Tiger-Cats in Guelph, Ont., on Saturday.

MLB

Will injuries, PEDs end A-Rod's career?

Alex Rodriguez certainly leads the New York Yankees in headlines this season even though he hasn't played a single major-league game.

Rodriguez faces discipline from Major League Baseball in its drug investigation, possibly up to a lifetime ban.

"The likelihood of a severe punishment for Rodriguez is very high," former commissioner Fay Vincent said Wednesday.

The three-time AL MVP who turns 38 Saturday is among more than a dozen players MLB has targeted following allegations they were linked to a Florida clinic accused of distributing performance-enhancing drugs.

THE ASSOCIATED PRESS

CFL

Tiger-Cats sign ex-Argo Isaac

Brandon Isaac wasn't unemployed long.

The veteran linebacker signed with the Hamilton Tiger-Cats on Wednesday, a day after being released by the Toronto Argonauts.

The signing of Isaac also comes a day after Hamilton released veteran linebacker Markeith Knowlton, the CFL's outstanding defensive player in 2010.

Hamilton also signed defensive back Emanuel Davis while releasing receiver Ouslet Volcy.

Isaac had 16 tackles and one sack this season with Toronto after helping the Argos win the 100th Grey Cup last November.

THE CANADIAN PRESS

Pressure on Canadians to end long drought

Graham DeLaet is one of 18 Canucks in the field at the 2013 RBC Canadian Open at Glen Abbey Golf Club. DAVID COOPER/TORSTAR NEWS SERVICE

National opens always put pressure on the homegrown players, but the expectations are particularly high this week at Glen Abbey Golf Club in Oakville, Ont.

There are 18 Canadians in the field for the 2013 RBC Canadian Open — one of the largest home-country turnouts in the modern history of the tournament — and they're all looking to end a 59-year drought. No Canadian has won the event since Pat Fletcher of Vancouver in 1954.

If anyone can understand the high expectations it's former Masters champion Mike Weir.

"There is that added feel and pressure, no question," the Brights Grove, Ont., native said Wednesday. "It can be a good thing though to get the crowd behind you," he added. "Get some momentum going, and you can feed off the crowd."

Weir is joined by fellow Ontarians David Hearn from Brantford, Mackenzie Hughes from Dundas, Toronto's Albin Choi, Ottawa's Brad Fritsch, Peter Laws from Milton, Brian Hadley from Sarnia and amateur Corey Conners of Listowel.

British Columbia is also well represented with Abbotsford's Adam Hadwin, Victoria's Kevin Carrigan, Merritt's Roger Sloan, Comox's Riley Wheeldon, as well as North Vancouver's Bryn Parry and Eugene Wong and amateur Adam Svensson from Surrey in the field.

Calgary's Stephen Ames, Graham DeLaet of Weyburn, Sask., and Eric Banks of Truro, N.S., will also tee off Thursday on the 7,253-yard, par-72 course. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you approach a difficult task with confidence today, you will do an excellent job of it and impress a lot of people. But don't go over the top and go around shouting what a winner you are. Be modest.

♉ Taurus
April 21 - May 21
There are some annoying people out there and you must promise yourself that, whatever the provocation, you won't lose your cool. If you do, you may lose other things too.

♊ Gemini
May 22 - June 21
Your ideas may be good but you need to find ways to make them pay. It shouldn't be difficult but bear in mind: some people will be negative, no matter how much you achieve.

♋ Cancer
June 22 - July 23
Be extra careful with your cash, investments and other commercial interests today. Most importantly, don't let anyone push you into signing something you are not 100 per cent sure about. Just say "no".

♌ Leo
July 24 - Aug. 23
You may think you can force others to go along with your plans, but it's not the best strategy. If they don't want to accompany you on your journey, they would be a liability anyway.

♍ Virgo
Aug. 24 - Sept. 23
Turn your back on the past and move into the bright future that awaits you. You can't do it all at once, but you must be serious about it. There have been far too many false starts.

♎ Libra
Sept. 24 - Oct. 23
Everyone you meet seems determined to point out where you've been going wrong. But you don't have to agree with them. Smile sweetly, nod in agreement then carry on doing what you're doing.

♏ Scorpio
Oct. 24 - Nov. 22
You may be bored and looking to inject excitement into your life but don't go too far and annoy people on whom you may depend. That is especially important on the work front.

♐ Sagittarius
Nov. 23 - Dec. 21
The message of the stars today is that you should keep your head and not try to impose your will on others. However big and tough a Sag you may be, there is always someone bigger and tougher out there.

♑ Capricorn
Dec. 22 - Jan. 20
It's not like you to make a drama out of a crisis but the cosmic picture is making it hard to see anything but problems. Think positive and circumstances will improve.

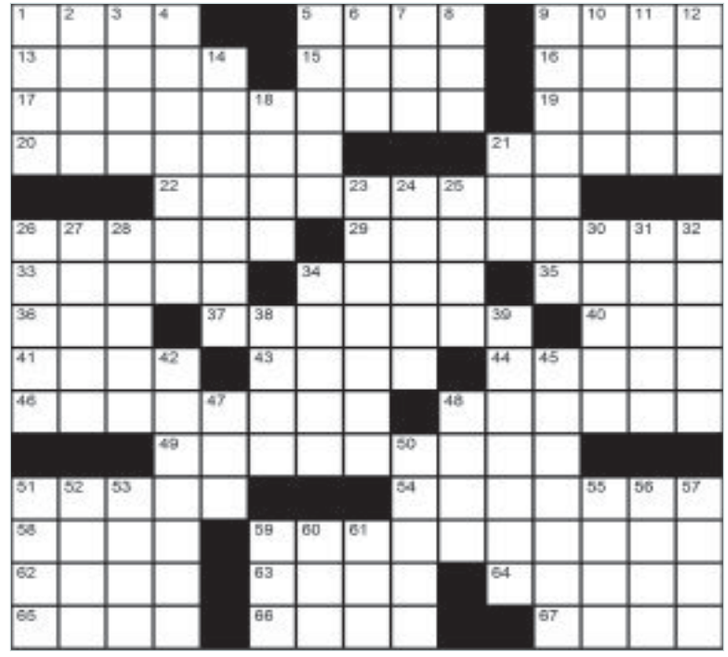
♒ Aquarius
Jan. 21 - Feb. 19
Someone may be acting selfishly but there is no need to provoke a fight. That could be exactly what they are hoping for as they need to take their aggression out on someone.

♓ Pisces
Feb. 20 - March 20
The answers you get depend on the questions you ask and if you ask intelligent questions about your life and the direction it is moving, you will get all the answers you need today. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

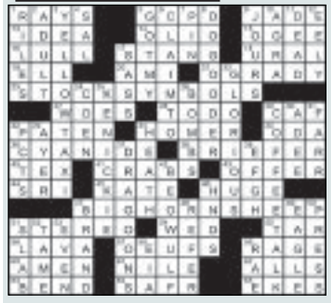
BY KELLY ANN BUCHANAN



Across
1. Coliseum, e.g.
5. Part of BYOB
9. Exchange
13. Tropical tubers
15. Approximately: 2 wds.
16. Roll Call list-ee's response
17. Swimming style, quite literally
19. Largest continent
20. "Forget it!", colloquially: 2 wds.
21. Go in
22. Person-on-a-pulley fun
26. Central Alberta town
29. __ General of Canada
33. Clan on "Dallas"
34. Mr. Gooding Jr.
35. "Able was _ _ _..." (Palindrome start)
36. Carried out
37. Pushes beyond the limits
40. Eliminate
41. Lettered-land 'til 1991
43. Phyllis Diller's husband's name from her stand-up act
44. Skin care company
46. CFB __, in Ontario
48. Committees
49. War of 1812 vessels: 2 wds.
51. "Rock You" Canadian hard rock band
54. __ name (Alias)
58. Herman Melville tale
59. Canadian band for which Carole Pope was lead singer: 2 wds.
62. Songstress Celine
63. Neutral tone
64. West: Spanish
65. 24-hr. bankers
66. Reason for Oxy 5
67. Invitee's official 'yes'

Down
1. Egyptian sun god, variantly
2. Kind of shark
3. Advantages
4. Earth-to-sky 'meeting' place
5. Bumpkin
6. Mythical monster
7. Miley Cyrus song: "Party in the _._._."
8. Plunder
9. "Remember (Walking in the Sand)" by The __-Las
10. The __ Coast
11. India.__ (Singer/songwriter)
12. Seckel is a sort
14. Orchestra section
18. Seven: French
21. Compass†point
23. Some lizards
24. "It's __ __ deal." (Don't worry about it)
25. Drooling dogs experimenter, __ Pavlov
26. Resulted in, __ __ to
27. "Is that such _ __ idea?"
28. Centre point
30. Chutzpah
31. Bay window
32. __ __ a beet
34. The Pretenders album: 'Learning to __'
38. Pan brand
39. Awakes with smelling salts, perhaps: 2 wds.
42. Fixed food portions
45. Underwriter
47. Candle's content
48. Cousin of "Pshaw!"
50. International Court of Justice site, The __
51. Ms. Kotb, Kathie Lee Gifford's daytime chat co-host
52. Radiate
53. Rug-making apparatus
55. Service on Sunday
56. 1999 Matthew McConaughey movie
57. Shallow's opposite
59. Actor, Stephen __
60. Li'l job
61. Pot

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	6	9		7			3
	5	8						4
3			1					
2	8				1			
	7	3				4	9	
			6				8	7
					9			2
5						1	4	
9			2		3	8	7	

Yesterday's Sudoku

2	5	7	6	8	1	4	9	3
9	8	3	7	2	4	1	6	5
4	6	1	9	3	5	2	8	7
7	9	8	1	5	2	6	3	4
6	2	4	3	7	9	8	5	1
1	3	5	8	4	6	9	7	2
3	4	2	5	9	8	7	1	6
5	1	9	2	6	7	3	4	8
8	7	6	4	1	3	5	2	9

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